

**IN THE CLAIMS:**

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45. (Original) A computerized system for devising a training scheme for a sports person comprising:

first computer means for processing data, which has a database which stores for each of a plurality of sports a record of an idealized physiological profile; wherein:

each sports person using the system inputs a selection of a sport and, in response to enquiries generated by the first computer means, information concerning his/her physiological profile; and

the first computer means compares the physiological profile input by each sports person with the idealized physiological profile for the relevant sport and from this comparison formulates a training regime which is relayed to the sports person.

46. (Original) A system as claimed in claim 45 wherein:

the first computer is connected via a telecommunications network to a plurality of remotely located computer means; and

each sports person uses one of the plurality of remotely located computer means to input data to the first computer means via the telecommunications network and to receive enquiries and the formulated training regime from the first computer means via the telecommunications network.

47. (Original) A system as claimed in claim 46 wherein:

the first computer means for each sports person scales the stored idealized physiological profile for the selected sport having regard to the weight of the sports

person and compares the input physiological profile with the scaled identical physiological profile when formulating the training regime.

48. (Original) A system as claimed in claim 47 wherein:

the first computer means for each sports person scales the stored idealized physiological profile for the selected sport having regard to the gender of the sports person and compares the input physiological profile with the scaled idealized physiological profile when formulating the training regime.

49. (Original) A system as claimed in claim 47 wherein:

the first computer means for each sports person scales the stored idealized physiological profile for the selected sport having regard to the age of the sports person and compares the input physiological profile with the scaled idealized physiological profile when formulating the training regime.

50. (Original) A system as claimed in claim 45 wherein:

each stored record of an idealized physiological profile comprises measurements taken from the set of: maximum capacity to transport oxygen to tissues; percentage of maximum oxygen transport capacity that may be maintained without accumulation of lactate; greatest weight that can be lifted once; maximum power; maximum number of sit-ups performed without rest; maximum number of push-ups performed without rest; maximum number of crunches performed without rest; and local muscle endurance; and

the first computer means generates enquiries relayed to the sports person which require data matching the measurements stored for the idealized physiological profile.

51. (Original) A system as claimed in claim 45 wherein:

the training regime formulated by the first computer means comprises recommendations for training session frequency.

52. (Original) A system as claimed in claim 45 wherein:

the training regime formulated by the first computer means comprises recommendations for heart rate during training.

53. (Original) A system as claimed in claim 46 wherein:

each sports person inputs periodically, in response to enquiries generated by the first computer means, data to establish a psychological profile for the sports person; and

the first computer means compares each input psychological profile for each sports person with a stored base psychological profile for the sports person and dependent on the comparison can modify the training regime formulated by the first computer means.

54. (Original) A method of devising a training scheme for a sports person comprising the steps of:

storing on a database on the first computer means an idealized physiological profile for each of a plurality of sports;

a sports person inputting to the first computer means a selection of a sport and, in response to enquiries generated by the first computer means, information concerning his/her physiological profile; and

a computer program running on the first computer means comparing the physiological profile input by each sports person with the idealized physiological profile for the relevant sport and from the comparison formulating a training regime which is then relayed to the sports person.

55. (Original) A computerized system for devising a training scheme for a sports person comprising:

first computer means for processing data, which has a database which stores a record of an pre-programmed physiological profile; wherein

each sports person using the system inputs, in response to enquiries generated by the first computer means, information concerning his/her physiological profile;

each sports person using the system can vary the pre-programmed physiological profile by inputting a target or targets selected from options provided by the first computer means;

the first computer means compares the physiological profile input by each sports person with the varied physiological profile selected by the sports person and from this comparison formulates a training regime which is relayed to the sports person.